

Glusac leads women into Pac-10 conference meet

Trevor Kearney
Oregon Daily Emerald

The women's cross country team heads into the Pacific-10 championships on Saturday in hopes of reclaiming the championship from Stanford.

The Ducks, who have won six of eight women's Pac-10 cross country crowns since the development of the women's division, are led into Stanford by sophomore Milena Glusac. Glusac, who finished third at the meet last year, is touted as the runner who could knock off defending champion Karen Hecox of UCLA.

"Milena is clearly the top contender," cross country coach Tom Heinonen said.

Coming off of a third-place finish at the Jeff Drenth Memor-

ial, the women are ranked 11th, three spots behind Stanford. And according to Heinonen, Stanford's large number of runners makes them less susceptible to injuries, giving them a good chance at regaining the Pac-10 title.

"Stanford seems to have more depth than anyone else," Heinonen said, noting that Saturday's meet is preparation for the NCAA regional and championship meets in November.

"Everyone has an idea of what they have to do to get to the NCAA's," Heinonen added. "It's a stepping stone that gives us an idea of where we are."

The conference limit for runners is seven, and the Ducks will run Glusac, juniors Melody Fairchild and Niamh Zwager-

man, sophomore Christie Engesser, and freshmen Rosy Gardner, Kaarin Knudson and Liz Howell.

Gardner, whose performance at the Jeff Drenth Memorial was hindered by illness, is healthy and ready to compete, but Engesser and Knudson are still recovering. But, according to Heinonen, the team's performance should not be affected.

"Rosy needs to bounce back (and) I think she's ready to do that," Heinonen said, adding that Engesser and Knudson are much improved. "We think we are pretty healthy going into the meet."

And after two weeks of rest, Heinonen says the team is ready for competition.

"On the college level, you

can't race every week," Heinonen said. "We've got to be able to put training time in."

"Training has gone very well. We trained real hard." Heinonen added, that the team took off the three days before the meet in order to rest up for the competition.

According to Heinonen, the Pac-10 should be well represented in the NCAA championships. With Stanford and Oregon ranking in the top 12, UCLA (13), Arizona (14) and Washington (16) round out the Pac-10 teams ranked in the top 25.

"That means it's going to be a bit sticky in the regional (meet)," Heinonen said. "We're going to have to run better than we have all season long to win it."



GARY GRASS/EMERALD
Glusac leads the Ducks in their quest to regain the Pac-10 title.

Men tune up for regional meet

Trevor Kearney
Oregon Daily Emerald

The men's cross country team is going into the Pacific-10 championships on Saturday thinking about one thing. The next meet.

According to coach Bill Dellinger, the Pac-10 meet is not as important in terms of the season outcome as the NCAA regional championships, which decide who goes to the NCAA championships.

"Winning this week doesn't mean anything other than we are the Pac-10 champions," Dellinger said, adding quickly that a Pac-10 title would be good, but is not the focus of the season.

"Really, the meet that I think they should be playing towards to run well is the regional (meet), where the first and second teams go to the NCAA championships," Dellinger said.

The men are lead by junior Tracy Hollister, who finished fourth at the Jeff Drenth Memorial, sophomore Rick Cantwell and freshman Matt Davis. According to Dellinger, the three could finish at the front of the pack.

"We have three guys that could run in the front of any team that's going to be there," Dellinger said, noting that at the Jeff Drenth Memorial, there was over a minute gap between the Duck's third and fourth runners. "I think that Rick, Tracy and Matt are going to run well ... they've been really consistent in their training and in their competitions."

Because the rest of the team is so young and inexperienced, the Ducks will have a tough time against Stanford, who is ranked sixth and favored to take the Pac-10 title.

"We are still a team of three front runners looking for the fourth, fifth and sixth to close that gap," Dellinger said.

But if the gap between runners, which proved so crucial in the team's third-place finish at the Jeff Drenth Memorial, is closed, the team could be in the race.

"If we can get that gap within 30 seconds, we are going to be a pretty good team," Dellinger said, "(but) that doesn't mean the front three slow down. We could still be a contender this year."

The Ducks are in the race to catch sixth-ranked Stanford and 11th ranked Arizona. At last year's meet, junior Karl Keska finished 13th, followed closely by Hollister, at 17th, and Cantwell at 22nd.

Keska, who has missed this season due to a leg injury, has been doing light workouts the past few weeks, and may be able to run in the regional meet. Despite Keska's loss, the team's two weeks of training has indicated to Dellinger that the Ducks are ready to compete on Saturday.

"I think two weeks between competition is ideal in terms of being able to train and continue to make progress," Dellinger said. "I would like to think we're going to be a better team this weekend for the Pac-10 (meet) than we were two weeks ago."

CLUB NOTES

Joel Hood
For the Oregon Daily Emerald

Following a 15-0 win versus Willamette a couple of weeks ago, rugby head coach Bob Snyder thinks his team is ready for a stiffer challenge.

"All of our new players came up big against Willamette," Snyder said. "We should have scored 50 points against them."

A scrimmage has been set for Saturday morning, just prior to the Arizona-Oregon football tilt, against the rugby squad of Eugene.

"Our players unanimously agreed to not schedule the game opposite the football clash. That was all right with me," Snyder said.

The team will make it's longest road trip of the season next month to Walla Walla, Wash. and then it's on to Corvallis on Nov. 7 for a Civil War game of their own.

While most of us figure it a chore just to make it to our 8 a.m. class in the morning, Ore-

gon crew head coach Phil Busse would consider that a luxury — crew practice begins at 5:15.

"We've been on the water now for a couple of weeks, and I'm real pleased with our performance," Busse said.

Their first regatta of the fall season will be the Portland Loop on Nov. 5 and the next a week later in Seattle.

"The fall season is mainly comprised of long endurance races while the spring is made up of shorter sprints," Busse said. "We hope to do well in both but I think we're more of a sprinting team."

The men's lacrosse team is set to rip through the Chico State tournament early next month.

"It's our first big match of the year," head coach Paul Lardy said. "It will show us where we are and where we need to be."

The annual Oregon-Oregon State match up will also be this fall in Corvallis.

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